Appl. No. 10/030,065 Amdt. dated January 16, 2004 Reply to Office Action of August 18, 2003

## Amendments to the Specification:

Please replace paragraph 1 on page 1 with the following rewritten paragraph:

The invention rolates to a method for producing a ring traveler for ring spinning or ring twisting machines and to a ring traveler <u>made according to the method</u> as claimed in claims 1 and 7 respectively.

Please replace paragraph 1 on page 2 with the following rewritten paragraph:

This object is achieved by means of a method <u>also described in the application</u> and a ring-traveler which have the features specified in claim-1 and claim 7 respectively.